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Georgia Southern students study in Romania

August 29, 2016



Nine Georgia Southern students recently returned to Statesboro after a four-week journey through Romania in July under the leadership of Diana Sturges, Ph.D., professor with the School of Health and Kinesiology, and Manuela Caciula, Ph.D., assistant professor with the School of Health and Kinesiology.

The group of students explored Romania's natural environment, cultural practices and attitudes, and the value its population places on fresh foods and exercise habits to gain knowledge in the fields of health, nutrition and kinesiology.

The trip was based primarily in Brasov, a city located in the central Transylvania region of Romania. The students spent their time living and studying in Brasov while utilizing public gyms, academies and market spaces to gain first-hand perspectives about the physical activity and dietary habits from a comparative cultural perspective.

Some of the activities the group participated in included hiking the Tâmpa and Bucegi Mountains, climbing the "covered stairs" in Sighisoara, exploring the Teresa mine, and touring the Transylvania Culinary Academy.

Caitlin Turner, senior exercise science major, recalled travelling to the town Viscri where the group cooked tomato soup, beef stew and a traditional cake called "lichiu" all from products that were grown sustainably and bought from local villages. Turner noted that she has always wanted to study abroad, and this trip was ideal. Turner described her experience in Romania as "life changing."

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